

Commander,



U.S. Naval Forces Central Command

U.S. Fifth Fleet

Combined Maritime Forces



CTF-IA Monthly Newsletter

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CTF-IA COMMANDER'S CORNER

RDML Gaouette Commander Task Force Individual Augmentee

Greetings from NAVCENT Bahrain.

I want to take a minute to discuss safety since Fifth Fleet has experienced a significant increase in safety related incidents in July. As war fighters we have come to accept that some level of risk is inherent in our mission, but a fundamental part of accomplishing this mission is safe and effective operations. Almost every incident we experienced this past month was preventable or avoidable if we had stuck to the basics, focused on effective communications, attention to detail, adhering to established operating procedures, checklists and the use of personal protective equipment.

Every injury, mishap or accident affects our combat readiness which ultimately puts everyone at risk. It is time for each of us to take a leadership role in protecting our greatest resource, the men and women of USNAVCENT/C5F.

In keeping with this theme, I would like to discuss another hazard that affects our readiness. As we move further into the summer months and temperatures continue to rise, the potential for heat-related illnesses will increase significantly. As the air temperature rises, your body stays cool through the evaporation of sweat. On hot, humid days, the evaporation process is slowed by the increased moisture in the air. When sweating isn't enough to cool your body, your body temperature rises, and you may begin to experience symptoms of dehydration (dry mouth, thirst, shortness of breath, headaches, nausea and/or vomiting, loss of appetite, loss of coordination, confusion, fatigue and elevated core tempera-

ture). If left untreated, dehydration will quickly lead to heat stress, heat exhaustion, or possibly heat stroke which can result in death. I urge all of you to protect yourselves against dehydration by drinking plenty of water all day long and avoid carbonated beverages such as tea, coffee and soda. Always stay alert and keep an eye on your shipmates as well for signs of dehydration. We can't afford to lose a single Sailor to heat-related illnesses.

In closing, I would like to say how much I appreciate the sacrifices you are making for your country. You have chosen one of the most honorable and meaningful professions there are. Your contributions to this global effort will endure time and will be appreciated by generations to follow.

Words from the Chaplain

"What's Normal?" Responses to Stress for IA Sailors by Erskine L. Alvis LCDR CHC USN

"What's normal?" We often ask ourselves after experiencing loss in combat or heavy stress in operations. Many times, our reactions can get the best of us. Some times we ask ourselves, "Hey, what should I 'feel'?"

First, be honest with ourselves. Irritability, difficulty concentrating, some anxiety, trouble sleeping or eating, are all common stress reactions in a combat operational environment. We need to give ourselves permission and space to experience these normal reactions. One of the best tools to use in assessing our reactions is the "stress continuum model" which may be found on Navy Knowledge Online at www.nko.navy.mil. The "green, yellow, orange, red" model gives

each of us a lens through which to evaluate our behavior as "Sand Sailors." While our stress reactions are normal, even expected, persistent or worsening stress reactions or deteriorating performance in our duty may be reasons to seek help.

Secondly, take action to minimize the impact of these reactions by taking care of yourselves. Some ways that you can improve your well being: eat right, laugh, exercise, make friends and get the right amount of sleep.

One of the hardest dynamics about deployment is to know how to live with the unknown. By taking control of those areas of our lives where we can, we worry less about what we cannot control. This dynamic applies whether we are directly engaged in combat or in stressful operations (for example, delivering the mail in a combat zone).

Encourage each other to talk out what you are going through. Some may need to talk more than others. Realize that, that is okay. Chaplains and many behavioral health professionals are ready to assist you; what you say to us is in confidence. The Mobile Support Team travels throughout the area of operations. They provide Sailor sustainment, chaplain care, and career counseling. Feel free to utilize them when they visit you or feel free to contact me at erskine.alvis@kuwait.swa.army.mil. Finally, know that your work is valued! You are valued! Thank you for your service and for your sacrifice.

FROM THE CTF-IA STAFF

Task Force IA is pleased to announce the arrival of NCCS (AW) Michelle Brooks to the HQ staff. NCCS Brooks looks forward to working closely with all the Career Counselors throughout the NAVCENT AOR to ensure IA Sailors not only receive the most current career information, but also to ensure that all of your issues and questions are being addressed and that you are receiving the support you deserve from the navy.

She recently travelled to Kuwait where she observed Warrior Transition Program (WTP), RSO&I, and to Qatar and Iraq where she met with Sailors to discuss career opportunities. Her next visit will be to the Forward Headquarters Afghanistan in early September. We urge you to take advantage of NCCS Brooks travels throughout the AOR to ask questions and advice that will help you make many of those difficult career decisions you face each day.

As always, the Forward Headquarters



Commander, Task Force Individual Augmentee



Career Counselors are available to answer your questions and support you through your deployment, but you may also contact NCCS Brooks directly (Michelle.Brooks@me.navy.mil) for advice or to see when she will be in your area. In the next edition of the IA Newsletter, NCCS Brooks will host a section where she will address common career questions and provide career advice. She

will also discuss where to find the latest career information resources. For example, the Navy Advancement Center is now providing advancement results via the NAC Facebook page. This is a great tool to ask questions about the Navy advancement process and provide feedback to the NAC staff. In the future, junior Sailors will not have to ask, "When are the results coming out?". The results will be published immediately on Facebook where hundreds of Sailors all over the world can communicate and help fellow shipmates find the results. Join the 7,430 sailors

who have already become a fan of the NAC Facebook and get access to advancement results ahead of your peers.

Finally, congratulations to all the new Chief Petty Officers throughout the AOR. Your selection as a Chief Petty Officer is a true testament to your hard work and leadership.

New Policy/Guidance

AUTHORIZING ESCORT ENTITLEMENT FOR MEMBERS WITH INDETERMINATE TEMPORARY DUTY (ITDY) ORDERS

Service members traveling on indeterminate temporary duty (ITDY) orders are now authorized to escort their family members to and from an alternate location at government expense, according to NAVADMIN 227/10.

PERFORMANCE EVALUATION AND COUNSELING SYSTEM SOFTWARE NAVFIT98A VERSION 28 DEPLOYMENT.

Provides guidance on the implementation of the latest NAVFIT 98A Software.

POST 9/11 GI BILL TRANSFERABILITY REQUIRES

OBLIGATED SERVICE A news article that provides clarification on Post-9/11 GI Bill Transferability Obligated Service requirements.

GOVERNMENT EYEWEAR SYSTEM

The following link allows authorized personnel in deployed locations to re-order prescription glasses, gas mask inserts and MCEP prescription lens carriers that were previously ordered through a U.S. Military Treatment Facility or U.S. Military Computer System.

CONTINUED FOCUS ON POST-DEPLOYMENT HEALTH RE-ASSESSMENTS

This NAVADMIN announces a software update to the Medical Readiness Reporting System that does not allow a PHA to be marked complete in the event the member has an overdue Post Deployment Health Re-Assessment requirement.

USFF NAVY INDIVIDUAL AUGMENTEE (IA) WEBSITE

Encouragement and support for the IA program is crucial to its successful execution and www.ia.navy.mil provides Sailors and their families a tremendous new tool.

News From Around the AOR

A Humanitarian and Strategic Partnership.



LCDR Michaels held CPR training with members of the Kabul, Afghanistan Boy Scouts.

In February 2010, LCDR Steven Michaels a former Boy Scout began an enduring partnership with the Afghanistan Scouts Association (ASA). Along with other former Boy Scouts and Girl Scouts from the ISAF Staff, LCDR Michaels began hosting weekly meetings which have since evolved into plans for field trips and outings designed to support work on achievement badges, such as Nature, Camping and First Aid. Through connections with the National Scouting Or-

ganization, ISAF personnel are helping to formalize the ASA Scout Leader training. ISAF's involvement in Afghan scouting directly supports USCENTCOM's Theater Engagement by getting involved with the population face-to-face on a social level. This serves to demonstrate the United States commitment to the Afghan people and contribute to winning over the hearts and minds of the Afghan people.



ISAF personnel and Troop 002 attend the Scout Troop Induction ceremony at the U.S. Embassy, Kabul, Afghanistan.

Camp Victory, Baghdad Award Recipients

The Baghdad CPOA honored its second quarter 2010 Sailor of the Quarter, Junior Sailor of the Quarter and Blue Jacket of the Quarter at a ceremony on July 4, 2010.

CTT1 Tricia Croarkin, the Regional Intelligence Shop Leading Petty Officer for Combined Joint Task Force Troy was named Senior Sailor of the Quarter.

Junior Sailor of the Quarter was PS2 Taylor Himes. He is assigned as the pay and uniforms specialist for U.S. Naval Forces Central Command Forward, Iraq.

LSSN Brian Smith, assistant yard supervisor for Expeditionary Disposal Remediation Team, Iraq is the Blue Jacket of the Quarter.

Congratulations to all three for a job well done!



PS2 Himes

LSSN Smith

CTT1 Croarkin

IA Sailors in the Spotlight

ABHC (AW/SW) Lester "Yogi" Cruz is from Altamonte Springs, FL and has a 10-year-old son. His hobbies include repairing muscle cars, mountain climbing and riding motorcycles.

Cruz is assigned to U.S. Army Corps of Engineers Gulf Region District in Iraq as NCOIC for the Mosul Resident Office in Marez.



YN2 (AW) Gabriela "Gabby" Blackman is from San Francisco, CA. She is married and has a 2-year-old son. Her hobbies are running, traveling and off-duty education. Blackman is currently assigned to NAVCENT Forward HQ Afghanistan, as Boots on Ground Manager, Customer Service Rep and Admin Assistant.



Outstanding Achievements in Theater

by IT1(SW/AW) Frederick T. Hunter, Jr.

On July 30, 2010, Brig. Gen. Joseph P. DiSalvo presented the "Unsung Hero Award" to Petty Officer 1st Class Troy Clay from Chicago, Ill., for outstanding achievement as the Law and Order Task Force (LAOTF) Operations NCO. YN1 Clay synchronized the safe moment of fifty LAOTF personnel throughout Baghdad as he vigilantly considered all hazards, identified threats, and maximized resources to mitigate risks to personnel. His contributions greatly contributed to mission success by enabling LAOTF personnel to safely sustain their presence in Iraqi courts and cultivate critical relationships with Iraqi judges that were vital to continued stability and counterterrorism operations. His actions reflect great credit upon himself, the United States Forces – Iraq, and the United States Navy.



YN1 Troy Clay from Chicago, Ill received the "Unsung Hero Award" from Brig. Gen. Joseph P. DiSalvo during a ceremony, July 30

RAMADAN 2010

Ramadan is the ninth month of the Islamic calendar. The start of the month is based on a combination of physical sightings of the moon and astrological calculations. The actual dates are dependent on the time of the official sighting of the new moon. As compared to the solar calendar, the dates of Ramadan vary, moving backwards ten or eleven days each year depending on the moon. Ramadan 2010 started on Wednesday, the 11th of August and will continue for 30 days until Thursday, the 9th of September.

The holiday is entirely devoted to meditation and spiritual purification through self-discipline. It is the Islamic month of fasting, in which participating Muslims refrain from eating, drinking and sexual activities from dawn until sunset. Fasting is intended to teach Muslims about patience, humility, and spirituality. It is a time for Muslims to fast for the sake of God (Allah) and to offer more prayer than usual. During Ramadan,



Muslims ask forgiveness for past sins, pray for guidance and help in refraining from everyday evils, and try to purify themselves through self-restraint and good deeds. Muslims believe Ramadan to be the month in which the first verses of the Qur'an were revealed to the Islamic Prophet Muhammad.

To prepare for the fasting, Muslims wake up before dawn to eat sehoor meal and prepare for the fajr prayer. Muslims break their fast at sunset after the evening prayer with a meal called Iftar. Muslims may continue to eat and drink after the

sun has set until the next morning's fajr prayer call. Children, the elderly, the chronically ill, and the mentally ill are exempt from fasting. Also exempt are pregnant women, women during the period of their menstruation, and women nursing their newborns.

As foreigners and guests to this culture, we are not expected to fast during Ramadan. However, as military members we are required to respect the season by refraining from eating (including chewing gum), drinking (even water), smoking and chewing tobacco in public during daylight hours. Eating, drinking or smoking in public during the day is considered a civil offense by local law and a violation by a non-Muslim may result in a fine or confinement.

There are many Ramadan traditions in addition to those listed here. To be a good ambassador of the United States, it is important to be familiar with those customs so as not to offend our Muslim hosts.

Questions and Answers

Q: A lot of Sailors in Iraq and Afghanistan are assigned arduous billets doing jobs that are outside of their rating or profession. This in turn is affecting their rating knowledge base, what are we doing to protect the Sailors interests as far as their careers go? Are we giving them preference for follow-on orders and schools?

A: While Sailors may experience some rating degradation while in country, one of the best ways to limit this is to get back to your command as soon as possible, which is why we ask you to seriously consider the ramifications of an extension. For many ratings, it can be a disadvantage to your career to stay longer than twelve months total. We want this deployment to help your career, not hurt it! Regarding follow-on orders, detailers appreciate what you are doing here and try to reward it. You must realize, though, there are limitations. Detailers have to fill valid fleet and shore requirements and cannot create a job or school quota if what you want is not available in your detailing window.

Q: The reason why I came on IA is because I was excited about volunteering for a specific billet, but I was never allowed to serve in that billet. Why did I get this set of orders if I wasn't going to do the job they sent me to do?

A: Because of the dynamic nature of combat operations, remissioning of IAs does occur. It is not unlike getting ordered to any large staff (e.g., EUCOM, CENTCOM, etc.). You may think you are headed to work in one area when in fact, because of manpower needs, your prior experience and training, you are needed to work somewhere else. Ninety-nine percent of the time the remissioning that occurs in-country is acceptable under the IA business rules. VCNO Policy of 14 May 09 outlines the Navy's stance on remissioning, particularly when there is risk to the Sailor or others, or waste of predeployment training. In Iraq, for instance, there has been much restructuring and downsizing, with many changes as we work to get under mandatory force caps by 1 September. Any remissioning which places Sailors or others at undue risk must be immediately reported and halted. NAVCENT Forward Headquarters and CTF-IA staff are always available for support.

Command Information

Mission and Vision

We are a forward deployed Echelon II/III Naval Component Command/Fleet Command of Naval Forces conducting Maritime Security Operations in support of OEF/OIF; Partnership-Strength-Presence; and Struggle Against Violent Extremism within US-NAVCENT Campaign Plan. We continue to provide a dedicated service component support to all IA Sailors Boots on Ground (BOG) in the COMUSCENTCOM Area of Responsibility (AOR) in order to optimize mission readiness and to manage mission risk during deployment.

About CTF-IA

We are located on NSA Bahrain in the COMUSNAVCENT Building, and we can be contacted at the following email address: AUGDIV@ME.NAVY.MIL. Visit our website at <http://www.cusnc.navy.mil/ctf-ia/>

Contact information for NAVCENT FWD HQs and CTF-IA Desk Officers

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CTF-IA is looking for ways to tell your story. If you have a story and photographs you want published in next month's newsletter, please send your inputs to TF-IA STAFF, BAHRAIN: AUGDIV@me.navy.mil NLT the 1st of each month. The newsletter is published on the 15th. There is no better way to share your experiences with fellow IA's than through your IA Newsletter. Additionally, your photos may be used in future training videos. Submitted photos will be uploaded to the CTF-IA Website (www.cusnc.navy.mil/ctf-ia/ctf-ia.htm) displaying in a slide show or as an album.